

Crumb Topping

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



140 kcal

SIDE DISH

Ingredients

- 2 Tbsp brown sugar
- 2 Tbsp butter melted
- 0.3 cup flour
- 0.3 tsp ground cinnamon
- 0.3 cup planters walnuts chopped
- 2 Tbsp creamy wheat cereal hot uncooked (enriched farina)

Equipment

Directions

Combine ingredients.

Nutrition Facts

PROTEIN 6.06% **FAT 52.16%** **CARBS 41.78%**

Properties

Glycemic Index:20, Glycemic Load:3.53, Inflammation Score:-4, Nutrition Score:6.3421738024639%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

Nutrients (% of daily need)

Calories: 139.96kcal (7%), Fat: 8.51g (13.09%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 13.96g (5.07%), Sugar: 5.46g (6.06%), Cholesterol: 0mg (0%), Sodium: 88.37mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.45%), Vitamin D: 5.03µg (33.53%), Folate: 67.6µg (16.9%), Manganese: 0.27mg (13.41%), Iron: 2.32mg (12.87%), Vitamin B1: 0.12mg (7.78%), Zinc: 0.89mg (5.92%), Vitamin B2: 0.1mg (5.6%), Fiber: 1.38g (5.54%), Vitamin B3: 1.07mg (5.36%), Vitamin A: 264.74IU (5.29%), Copper: 0.1mg (5.24%), Vitamin B6: 0.1mg (4.99%), Phosphorus: 47.42mg (4.74%), Magnesium: 16.33mg (4.08%), Selenium: 2.47µg (3.52%), Vitamin B12: 0.19µg (3.24%), Calcium: 26.21mg (2.62%), Potassium: 63.17mg (1.8%), Vitamin E: 0.22mg (1.48%), Vitamin C: 0.85mg (1.03%)